

WOMEN					updated Nov. 20, 2019 using WMA 2014 tables							
AGE												
GROUP	NAME	AGE	PROV	DATE	LOCATION	Hammer	Shot Put	Discus	Javelin	Weight		Points
W35	Marie-Josée Lejour	36	ON	Aug. 14, 2015	Lyon, France	50.65m	12.26m	46.47m	31.58m	16.56m	WR	4114
						1053	708	815	544	994		
W40	Kristen Dajia	40	ON	Sept 8, 2003	Stouffville, ON	36.45	9.39	29.69	20.27	10.78		2864
						774	557	521	349	663		
W45	Nicole Carlos	45	ON	July 19, 2019	Toronto (TTFC), ON	34.24	8.10	29.12	28.91	10.72		3181
						789	508	560	592	732		
W50	Kristen Dajia	50	ON	May 11, 2013	Toronto (TTFC), ON	41.25	9.17	29.34	21.8	13.04		3533
						998	632	625	451	827		
W55	Kristen Dajia	56	ON	July 19, 2019	TTFC, Toronto, ON	33.87m	9.38m	26.71m	20.47m	12.06m		3523
						874	717	625	470	837		
W60	Rose Hare	64	BC	July 26, 2013	Regina, SK	29.98m	8.75m	22.44m	19.38m	12.10m		3432
						844	736	573	500	779		
W65	Rose Hare	65	BC	May. 16, 2014	Kamloops, BC	30.37m	9.33m	23.78m	21.66m	11.70m		4058
						971	893	706	655	833		
W70	Margaret Tosh	70	SK	Aug 01, 2008	Regina, SK	27.73	9.16	22.91	25.30	10.64		4549
						1002	995	793	920	839		
W75	Margaret Tosh	76	SK	Sept. 07, 2014	Saskatoon, SK	36.04	10.20	22.91	24.34	13.66		5312
						1341	1110	838	967	1056		
W80	Margaret Tosh	80	SK	Sept. 08, 2018	Saskatoon, SK	30.70m	8.89m	21.37m	20.49m	11.64m		5275
						1300	1092	929	968	986		
W85	Myrtle Acton	86	BC	Sept. 14, 2019	Kelowna, BC	21.04	6.45	15.48	13.51	8.91		4279
						1003	888	793	768	827		
W90	Olga Kotelko	90	BC	Aug 06, 2009	Lahti, FIN	12.87	4.68	14.80	13.24	6.41	WR	4090
						694	739	984	1015	658		
W95	Olga Kotelko	95	BC	May. 16, 2014	Kamloops, BC	14.92m	4.91m	11.75m	9.64m	6.41m	WR	5016
						1097	985	1066	1072	796		